

# MapMyFitness - Export Workout Data

You may export a single workout as a .TCX file. Details below.

To export your workout history, click [here](#), or copy and paste <https://www.mapmyfitness.com/workout/export/csv> into your browser. Once you have done so, log in to your MapMy account using your email and password.

After you log in, a .csv file will immediately appear in your computer's Downloads folder.

***Unfortunately, Time Team doesn't accept .csv extensions because it doesn't contain time-series data. So instead, do this!***

At this time, bulk export does not include time-series data for workouts. We do, however, offer an option to download workouts individually as TCX files from their website workout summaries, which includes time-series data.

To do so, visit your [workout calendar](#) on our website, view a workout, and on the summary page click the button labeled "TCX." A file will immediately save to your device's Downloads folder.